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## Featured Content

**Qi (Chi, Ch'i) or Ki (in Japanese language)**  
 is the Chinese character for the vital energy that undergirds the universe, analogous to Prana in hinduism.

Its literal translation is "spirit" and hence is similar to the Hebrew concept of as yuon qi, the original vital energy. Qi is the energy that flows through the body and is the subject of treatment in acupuncture and acupressure. Think of the flow of qi as the source of disease and the flow of natural flow of qi is the underpinning basis of health. The flow of qi, it is believed, can be stimulated by the practice of a series of exercises called qigong. Teaching about qi reaches into ancient China and much of the traditional Chinese understanding of the universe is based upon a belief in its existence. It is integral to Chinese medicine, including the understanding of the power of herbs, and basic to a vital sexual life.

Common throughout China were a wide range of practices designed to raise qi and invigorate the body and serve as a system of preventive medicine. These wide-ranging techniques are generally grouped under the name qigong, and include practices known elsewhere as meditation and exercise. Some form of qigong was integrated into Chinese religious practices, especially Buddhism and Taoism. In China in the 1980s and 1990s, extensive experimentation has proceeded aimed at gathering scientific data on the existence and beneficial effects of qi. These experiments parallel Western attempts to measure the effects of spiritual/psychic healing. Using the EEG and related instruments, Chinese scientists have documented the existence of qi and in a wide range of experiments have documented the power of qi in the treatment of different diseases. It has, for example, appeared helpful in curing cancer in experiments involving the progress of carcinoma cells and leukemia in mice. These experiments are now being offered to Western scientists for duplication and verification.

**Qi in TCM (Traditional Chinese Medicine)-Acupuncture Theory**

Qi, pronounced "chee", spelled "Chi" or even "Ki" in Japanese, is the energy of the body, of the meridians, of food, of the universe. While it may seem a redundant topic there are refined theories regarding the different types of Qi within the body, the creation and action of Qi and, consequently, ways to determine where imbalances may arise.

**Basic Types of Qi**

Within the body there are two basic types of Qi.

**1. Congenital Qi** is the Qi that we are born with. It is essentially linked and the quality and amount of this Qi represents our basic constitution.

Congenital Qi is inherited from our parents /Gathered and formed at conception /Stored in the Kidneys/Determines basic constitution, strength and vitality/Essential to growth & development Can be conserved but not replenished /Composite of **Ying Essence** & **Yuan (Original Qi)**

**2. Acquired Qi** on the other hand, is derived from the foods we eat and the air that we breathe. The quality of acquired Qi depends on our lifestyle habits such as food quality, balance of emotions, physical exercise and so on.

Acquired Qi /Post Natal Qi/Can be stored and replenished

Composite of:

**Gu Qi** Essence of Food and Grain Qi

**Kong Qi** Air Qi

**Zong Qi** Gathering Qi

**Zhen Qi** True Qi • Composite of **Ying Qi** Nutritive Qi & **Wei Qi** Defensive Qi

Qi - A Universal Archetype

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